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WHAT ARE FEDERAL WORKERS EATING?

A report on what 977 Federal employees ate for a 2-day period

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Why study the eating habits of Federal employees in Washington?

Our country needs strong and alert people in the Federal Government to strengthen its defenses.

Well-balanced meals build strong and able workers. We are taught by nutritionists that being well fed means more than satisfying hunger. It is more than having the foods which barely protect against diseases due directly to poor diet. It is having all the types of food and in the quantities that will promote health and efficiency.

"Nutrition diseases in all probability constitute our greatest medical problem, not from the point of view of deaths, but from the point of view of disability and economic loss," says an eminent authority of the U. S. Public Health Service.

The number of Federal employees have been greatly increased. A large percentage of them are located in Washington. The food markets have been taxed to supply food needs of the increased population and eating places likewise. The rationing of foods is complicating this problem further.

Under these circumstances, this Study of foods eaten for 2 consecutive days was undertaken to obtain some actual data concerning the eating habits and problems of Federal workers. These data are to be used by civic and Federal interests in meeting the specific needs and also to promote a better understanding among the workers themselves of their individual needs.

The studies summarized in this report indicate that many Federal employees are not eating the right food to help keep fit and insure maximum efficiency according to the daily dietary requirements outlined by the Bureau of Human Nutrition and Home Economics. While this Study is not exact, it does indicate to some extent food habits and specific inadequacies.

Inadequate daily, weekly, and monthly diets will finally result in chronic fatigue, aches and pains, and digestive disturbances. They cut down efficiency on the job and in some cases keep the worker in bed. Poor diets destroy the sense of well-being as well as lower resistance to disease and efficiency on the job. The eating habits of the people responsible for the Government of the Nation is a vital concern of the citizens whose welfare in general will be affected by the efficiency of this group.

Scope of the Study

The study was conducted in four different Government agencies in January 1943. It was felt that the data would be more representative (from four localities with slightly different conditions) than if gathered in one area. The Veterans' Administration, the Munitions Building, the Department of Agriculture, and the Bureau of Internal Revenue were chosen partly

because of varying localities and partly because of other factors. The Veterans' Administration was included in the study because it has no cafeteria; the Department of Agriculture because it has a very good cafeteria, and because an interest in nutrition has already been aroused there by a program of nutritional education.

The questionnaires were distributed in each agency through the cooperation of the personnel departments. Those responsible for the circulation of the questionnaires endeavored to get a representative cross section of the personnel within their agencies. Personnel from each sex, race, age group, and economic level participated in the Study by filling in questionnaires for a 2-day period. A total of 977 completed questionnaires were received: 286 from the Veterans' Administration, 130 from the Munitions Building, 319 from the Department of Agriculture, and 242 from the Bureau of Internal Revenue.

Of the 977 individuals who took part in the Study, 709 or 73 percent were women, 266 or 27 percent were men. The large majority were white, there being only 74 Negroes, 4 of other races, and 2 who made no report on race. Sixty-three percent of the participants were 30 years old or over. Individuals from each of four salary groups were included, but more than half the total number were comprised in the two lower salary classifications, earning less than \$2,000. (Refer to Table I.)

What are the eating conditions of Federal Workers

What were the living conditions of these 977 men and women? A picture of dietary habits would be incomplete without some knowledge of environmental factors which might influence food selection. By far the largest number of persons covered by the Study, 617 or 63 percent, lived in their own homes, 205 or 21 percent had rooms in a private home or apartment, 76 or 8 percent lived in boarding houses or hotels, 65 or 6 percent lived in rooming houses, while 1 percent did not report on domicile.

Since nutritionists stress the importance of an adequate breakfast, the question was asked, "Do you eat breakfast?" It was found that 32 persons took no food in the morning and an additional 9 had only coffee - making 4.5 percent who started the day without breakfast. If this percentage, even though small, indicates a trend, it would seem that there may be need of education on the necessity of an adequate breakfast.

The question of where breakfast was eaten produced some interesting figures. One hundred eighty-one, or 19 percent, did not eat breakfast at their place of residence. About half of these 181 persons ate in Government cafeterias, 25 ate in drugstores, and 62 in other public eating places.

For the noon meal, 516 or 53 percent ate in a Government cafeteria. The next largest number, 205 or 21 percent, carried their lunch from home, but of these, 137 persons bought extra food to supplement what they brought with them. It is interesting to note that out of these 205 persons carrying their own lunches, 91, or almost half, were employees of the Veterans' Administration which has no cafeteria. The next largest number bringing home packed lunches reported from the Bureau of Internal Revenue. It is significant that in these two agencies, 107 persons, or 38 percent of those reporting from the Veterans' Administration, and 112 persons, or 47 percent of participants from Internal Revenue, answered "No" to the question, "Do

you have time to eat a proper lunch?" The number of negative answers to this question from persons in the other two agencies was relatively small.

By far the largest number of persons - 766 - ate their evening meal at home, 6 in drugstores, 8 in Government cafeterias, and 175 in other public dining rooms. Two carried their evening meals to work.

Twenty-eight persons reported on the cost of breakfast and the average figure was 27 cents. An average cost of 35-1/2 cents for lunch was reported by 710 individuals. Two hundred sixty reported costs for the evening meal at an average of 71-1/2 cents.

The question, "Can you get food if ill?" was answered in the negative by 43 persons, or about 4.5 percent of those questioned. Though this percentage is small, the number of persons covered by the Study is relatively small. These 43 individuals without food in time of sickness may indicate a real problem to be solved. (Refer to Table II.)

Influence of Nutrition Education Programs on Dietary Habits

The question was asked, "As a result of the various nutrition programs, press, and radio articles, defense posters, and other literature on the subject of proper nutrition; (a) 'Do you feel a greater awareness of nutrition now than you did a year ago?' and (b) 'Have you improved your eating habits?'" Six hundred eighty-one, or 68 percent, professed a greater awareness of nutrition as a result of educational programs but apparently not all had profited by this increased knowledge, as only 506, or 52 percent, reported improved eating habits as a result.

One part of the questionnaire was intended to discover what form of nutrition education would appeal most to busy men and women giving long hours to Government work. Of the various sources of information and services listed on the questionnaire, most interest was shown in the results of this survey. This was to be expected, as persons participating in the Study would naturally feel curiosity as to the findings. Four hundred persons or 41 percent, expressed interest in the results of the survey, 368 or 38 percent, said they would like literature on nutrition, 190 or 19 percent, voted for educational movies, 147 or 15 percent, declared for wall chart meal guides, 110 or 11 percent, would like short talks on nutrition, 64 or 7 percent, asked for personal advice on dietary problems, while only 56 or 6 percent, felt they could give time to classroom work in nutrition. In general, 666 individuals or 68 percent, expressed a desire for some form of information on nutrition. Interest in nutrition education was evinced by a slightly higher percentage (76 percent) of persons in the Department of Agriculture where an awareness of nutrition had already been stimulated by an educational program. The next greatest amount of interest was expressed by persons in the Munitions Building, where 72 percent asked for information as against 64 percent in the Bureau of Internal Revenue and 61 percent in the Veterans' Administration. (Refer to Table III.)

Dietary Habits

As has been stated, participants in the study were asked to enter all food eaten in a 2-day period both at meal times and between meals. There were 12 food classifications and one of beverages without nutritive value which included tea, coffee, alcoholic beverages, and soft drinks. Participants were not asked to enter quantities of food eaten. Also in tabulating the food no consideration was given to amounts of a given food. For instance, a person who took milk on cereal is listed as having had milk in exactly the same way as the person who drank a pint of milk with his lunch. Tomato sauce also gives a good mark in the citrus fruit chart although the amount of vitamin C in a little tomato sauce may be relatively slight.

The results of the study then do not give exact food information. Rather a pattern of food habits is suggested. Perhaps the numbers and percentages of persons having none of certain foods such as green leafy vegetables, citrus fruits or tomatoes, and milk may carry more exact information than that given by the positive figures which indicate that some of a food was eaten but not whether enough for adequate nutrition.

Classes of food eaten. It was encouraging to find that 71 percent of the persons interviewed ate green leafy or yellow vegetables both days, though we do not know how often this meant the bleached white iceberg lettuce. Fortunately, 72 percent of the group also had other vegetables both days.

Less than two-thirds of the group had citrus fruit or tomatoes both days - a low percentage considering that the study was made in winter time when other fruits are scarce.

Few people missed out on meat (not including fish, poultry, and eggs) - with 93 percent of those who answered the questionnaire eating meat both days. It was noticeable that many low-income workers satisfied this food need by eating "hot-dogs." Milk and milk products were far less popular, with only 61 percent of the group having these foods both days.

Cereals were eaten by 98 percent of the group on both days.

That sweets were more popular than citrus fruits and tomatoes we see from the fact that 76 percent of the persons ate sweets on both days. Perhaps sweets are more easy to find in and around Government buildings, and certainly easier to carry around in our purses or pockets. (Refer to Table IV.)

Fewer Negro workers ate green or yellow vegetables than the group as a whole - 68 percent and 71 percent respectively for both days. Fewer of them also ate other vegetables - 58 percent as compared with 72 percent - also on both days. They ate much less citrus fruit and tomatoes - only 32 percent of the Negro workers ate these fruits both days; 30 percent of them ate them one day only, and 38 percent neither day. Likewise, only 41 percent of the Negroes ate other fruits both days compared with 57 percent for the whole group. Ninety-one percent of the Negro workers had meat on both days compared with 93 percent for the entire group. However, 64 percent of them had milk and plain cheese on both days. In that respect they did better than the group as a whole, the percentage in that case being 61.

Eating habits of men as compared with women. A comparison of eating habits of men and women brings out only slight divergencies. Eight percent of the men as compared with 4 percent of the women had no green leafy or yellow vegetables either day. This would indicate that women are more salad conscious than men. The percentages doing without other vegetables, which classification included potatoes, were practically the same - 5 percent of the men and 4 percent of the women. Nineteen percent of the men and 16 percent of the women had no citrus fruits or tomatoes. More women seemed to eat other fruits, only 12 percent having none of this food group while 19 percent of the men ate no noncitrus fruit. (Refer to Table V.)

Dietary habits by areas. Comparing diets by departments, considering only fruits, vegetables, milk and milk products, there appears little variation except for fruits and tomatoes. A higher percentage of persons in the Department of Agriculture seem to eat fruits, both citrus and other, and some take more milk although fewer took milk products than in other agencies. (Refer to Table VI.)

Workers eating in Government cafeterias appear to have better noon-meal diets. Table VII indicates that more than half of the workers surveyed eat in Government cafeterias. There is evidence that they have a slightly better diet than those dependent entirely on other eating places for all their meals. The variation in those eating green, leafy, and yellow vegetables is very nearly representative for all classes of foods. (See table.)

| Green or Yellow Vegetables | Those Eating Noon Meal in Government cafeteria | Those Eating Noon Meal Elsewhere |
|-------------------------------|---|-------------------------------------|
| Both Days | 28% | 12% |
| One Day | 38% | 22% |
| Neither Day | 34% | 66% |

Using these figures as a basis for drawing conclusions it appears that a very high percentage of both groups of persons studied are not filling one-third of the minimum daily requirements of green leafy and yellow vegetables at the noon meal and are dependent on their other meals for these food values as well as for other needed foods.

Salary range affects eating habits. Even though there is variation in the dietary habits of the various groups, this study provides evidence that employees in all income levels are able to obtain adequate diets if they choose food wisely. This study reveals that workers whose salaries are between \$2,000 - \$3,000 have better diets to some extent than those of other brackets. Those of the \$3,000 and over have next best, \$1,500 - \$2,000 third, and those under \$1,500 the poorest. The latter group falls far below the average for citrus fruits and tomatoes eaten but is almost average for milk and plain cheese eaten. In this group 76 percent ate these fruits both days; while the percentage is only 46 for persons with incomes below \$1,500. On the other hand individual samplings from this income bracket indicate that some of these workers have excellent diets. Those receiving more than \$3,000 run highest in sweets and drinks other than milk and water. (Refer to Table VIII.)

When we study the effect of salaries on eating habits we find a striking increase in the use of citrus fruits and tomatoes among workers receiving over \$1,500 a year. Meat is eaten by more people with incomes over \$3,000, with 95 percent of that group eating meat both days. More persons from this group also ate sweets, the percentage being 83. (Refer to Table X.)

Between-meal eating. There was not very much between-meal eating - only 15 percent of the group having eaten sweets between meals on both days. One wonders if the custom of drinking coffee or Coca-Cola during working hours is less common than it is reputed to be. On the other hand there may have been a tendency to pass over the question of foods eaten between meals in filling in the questionnaire. (Refer to Table IX.)

SUMMARY OF FINDINGS

Eating conditions are one of the factors to be considered in determining dietary patterns of Federal workers. Fifty-three percent of the group studied ate lunches in Government cafeterias. Twenty-one percent carry their own lunches. In this group was the highest percentage reporting that they did not have time to obtain adequate lunches. Since public eating places are crowded, more time is needed by employees who cannot get lunch in the building in which they work.

A great majority eat dinner at home. Shopping becomes a factor when the employee is the homemaker.

Six hundred sixty-six individuals, or 68 percent, expressed a desire for some form of information on nutrition. Interest in nutrition education was evinced by a slightly higher percentage (76 percent) of persons employed in the Department of Agriculture where an awareness of nutrition had already been stimulated by an education program.

A comparison of eating habits of men and women brings out only slight divergencies. More women demonstrate interest in salads and citrus fruits.

Comparing diets by departments, when considering only fruits, vegetables, milk and milk products, there appears little variation except for fruits and tomatoes.

Workers eating in Government cafeterias (53 percent of study group) appear to have better noon-meal diets. Since the variation in foods chosen for lunch by employees eating in Government cafeterias and those eating elsewhere showed the same tendency for all classes of foods studied, green leafy and yellow vegetables are chosen as an example of the variation in choice by these two groups.

| Green or Yellow Vegetables | Those Eating Noon Meal in Government Cafeteria | Those Eating Noon Meal Elsewhere |
|-------------------------------|---|-------------------------------------|
| Both Days | 28% | 12% |
| One Day | 38% | 22% |
| Neither Day | 34% | 66% |

Many of the workers studied do not get one-third of their daily dietary requirements in the noon meal.

This study reveals that workers whose salaries are between \$2,000 and \$3,000 have better diets as a whole. On the other hand, individual samplings show that the \$1,500 salaried person can secure an adequate diet.

Fewer of the lower-salaried groups consumed citrus fruits and tomatoes.

The foregoing statements suggest the need for further extending the program of nutrition education with emphasis on dietary patterns revealed, an expansion of the facilities of Government cafeterias, and the development of food budgets for employees of the lower-salary group as far as feasible.

Table 1

Scope of the Study

| Total number of records & percentages in top headings. Subject studied in side headings. | All four Depts. | Percent | VETERANS ¹ | | MUNITIONS | | AGRICULTURE | | INTERIOR | |
|--|-----------------|---------|-----------------------|--------------|-----------|--------------|-------------|--------------|----------|--------------|
| | | | Total | Per- cent | Total | Per- cent | Total | Per- cent | Total | Per- cent |
| | 977 | 100% | 286 | 100% | 130 | 100% | 319 | 100% | 242 | 100% |
| <u>Sex</u> | | | | | | | | | | |
| Male | 266 | 27% | 92 | 32% | 11 | 9% | 110 | 35% | 53 | 22% |
| Female | 709 | 73% | 194 | 68% | 119 | 91% | 207 | 65% | 189 | 78% |
| No Report | 2 | 1/ | 0 | - | 0 | - | 2 | 1/ | 0 | - |
| <u>Race</u> | | | | | | | | | | |
| White | 897 | 92% | 252 | 88% | 127 | 98% | 297 | 93% | 221 | 91% |
| Negro | 74 | 8% | 29 | 10% | 3 | 2% | 21 | 7% | 21 | 9% |
| Other & No Report | 6 | 1/ | 5 | 2% | 0 | - | 1 | 1/ | 0 | - |
| <u>Age</u> | | | | | | | | | | |
| 16-19 yrs. | 74 | 8% | 26 | 9% | 24 | 19% | 17 | 5% | 7 | 3% |
| 20-24 yrs. | 145 | 15% | 31 | 11% | 43 | 33% | 34 | 11% | 37 | 15% |
| 25-29 yrs. | 136 | 14% | 30 | 11% | 20 | 15% | 61 | 19% | 25 | 10% |
| 30 & over | 619 | 63% | 198 | 69% | 43 | 33% | 206 | 65% | 172 | 71% |
| No Report | 3 | 1/ | 1 | 1/ | 0 | - | 1 | 1/ | 1 | 1/ |
| <u>Salary</u> | | | | | | | | | | |
| Under \$1,500 | 263 | 27% | 88 | 32% | 49 | 38% | 42 | 13% | 84 | 34% |
| \$1,500-\$1,999 | 372 | 39% | 106 | 37% | 72 | 55% | 109 | 34% | 85 | 35% |
| \$2,000-\$2,999 | 189 | 19% | 48 | 16% | 6 | 5% | 85 | 27% | 50 | 21% |
| \$3,000-over | 149 | 15% | 43 | 15% | 2 | 2% | 81 | 25% | 23 | 10% |
| No Report | 4 | 1/ | 1 | 1/ | 1 | 1/ | 2 | 1% | 0 | - |

1/ Less than 0.5 of 1%.

Table II

Eating Conditions of 977 Persons

A. Where breakfast was eaten - by agencies

Percent of Total
(977 Persons)

| | TOTAL | VETERANS' | MUNITIONS | AGRICULTURE | INTERIOR |
|---------------------------|-------|-----------|-----------|-------------|----------|
| Total | 100% | 100% | 100% | 100% | 100% |
| Residence | 77% | 78% | 66% | 83% | 75% |
| Drug Store | 3% | 4% | 4% | 2% | 1% |
| Govt. Cafeteria | 10% | 3% | 13% | 9% | 16% |
| Other public eating place | 6% | 11% | 6% | 3% | 5% |
| No Report | 4% | 4% | 11% | 3% | 4% |
| 1/ Less than 0.5 of 1% | | | | | |

B. Where noon meal was eaten - by agencies

Percent of Total
(977 Persons)

| | TOTAL | VETERANS' | MUNITIONS | AGRICULTURE | INTERIOR |
|---------------------------|-------|-----------|-----------|-------------|----------|
| Total | 100% | 100% | 100% | 100% | 100% |
| Residence | 1% | 1% | 1% | 1% | 1% |
| Drug Store | 4% | 9% | 1% | 1% | 2% |
| Govt. Cafeteria | 53% | 15% | 78% | 75% | 55% |
| Other public eating place | 19% | 39% | 5% | 10% | 13% |
| Carry own | 21% | 32% | 12% | 11% | 26% |
| No report | 3% | 4% | 3% | 3% | 4% |
| 1/ Less than 0.5 of 1% | | | | | |

C. Percent reporting as to whether they had time to eat a proper lunch -by agencies

| Time to eat a proper lunch | TOTAL | VETERANS' | MUNITIONS | AGRICULTURE | INTERIOR |
|----------------------------|-------|-----------|-----------|-------------|----------|
| Total | 100% | 100% | 100% | 100% | 100% |
| Yes | 72% | 61% | 92% | 91% | 50% |
| No | 26% | 38% | 6% | 7% | 46% |
| No Report | 2% | 1% | 2% | 2% | 4% |
| 1/ Less than 0.5 of 1% | | | | | |

Table III

Chart Showing Number and Percent of Persons Interested in Various Nutrition Services or Sources of Information, by Agencies (977 Persons)

| Services & Sources in which interest was indicated | | All four Agencies | | VETERANS' ADMINIS-TRATION | | MUNITIONS BUILDING | | DEPT. OF AGRICULTURE | | BUREAU OF INTERNAL REVENUE | |
|--|-----|-------------------|----------|---------------------------|----------|--------------------|----------|----------------------|----------|----------------------------|----------|
| | | Num-ber | Per-cent | Num-ber | Per-cent | Num-ber | Per-cent | Num-ber | Per-cent | Num-ber | Per-cent |
| Total number & percent in top headings | | 977 | 100% | 286 | 100% | 130 | 100% | 319 | 100% | 242 | 100% |
| Nutrition Literature: | | | | | | | | | | | |
| | Yes | 368 | 38% | 98 | 34% | 35 | 27% | 137 | 43% | 98 | 40% |
| | No | 609 | 62% | 188 | 66% | 95 | 73% | 182 | 57% | 144 | 60% |
| Short talks: | | | | | | | | | | | |
| | Yes | 110 | 11% | 19 | 7% | 13 | 10% | 50 | 16% | 28 | 11% |
| | No | 867 | 89% | 267 | 93% | 117 | 90% | 269 | 84% | 214 | 89% |
| Nutrition classes: | | | | | | | | | | | |
| | Yes | 56 | 6% | 14 | 5% | 10 | 8% | 16 | 5% | 16 | 7% |
| | No | 921 | 94% | 272 | 95% | 120 | 92% | 303 | 95% | 226 | 93% |
| Wall Chart meal guides: | | | | | | | | | | | |
| | Yes | 147 | 15% | 30 | 10% | 16 | 12% | 55 | 17% | 46 | 19% |
| | No | 830 | 85% | 256 | 90% | 114 | 88% | 264 | 83% | 196 | 81% |
| Education Movies: | | | | | | | | | | | |
| | Yes | 190 | 19% | 37 | 13% | 34 | 26% | 78 | 24% | 41 | 17% |
| | No | 787 | 81% | 249 | 87% | 96 | 74% | 241 | 76% | 201 | 83% |
| Personal service or advice: | | | | | | | | | | | |
| | Yes | 64 | 7% | 14 | 5% | 12 | 9% | 23 | 7% | 15 | 6% |
| | No | 912 | 93% | 272 | 95% | 118 | 91% | 296 | 93% | 227 | 94% |
| Results of this Study: | | | | | | | | | | | |
| | Yes | 400 | 41% | 106 | 37% | 47 | 36% | 160 | 50% | 87 | 36% |
| | No | 577 | 59% | 180 | 63% | 83 | 64% | 159 | 50% | 155 | 64% |
| Any source of information: | | | | | | | | | | | |
| | Yes | 666 | 68% | 175 | 61% | 94 | 72% | 241 | 76% | 156 | 64% |
| | No | 311 | 32% | 111 | 39% | 36 | 28% | 78 | 24% | 86 | 36% |

Table IV

Dietary Chart Indicating Classes of Foods Eaten
(977 persons for 2 days)

| Green, Leafy and Yellow Vegetables (Other than Tomatoes) | | | | | |
|--|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 692 | 71 | 237 | 24 | 48 | 5 |
| Other Vegetables (Excluding Dried Peas and Beans) | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 698 | 72 | 238 | 24 | 41 | 4 |
| Dried Peas, and Beans and Nuts | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 117 | 12 | 347 | 36 | 513 | 52 |
| Citrus Fruit and Tomatoes | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 612 | 63 | 212 | 21 | 153 | 16 |
| Other Fruit | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 556 | 57 | 281 | 29 | 140 | 14 |
| Meat (Other Than Fats, Fish, Poultry and Eggs) | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 906 | 93 | 65 | 6 | 6 | 1 |
| Fats (Other Than Butter and Cream) | | | | | |
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 388 | 39 | 336 | 34 | 253 | 27 |

1/ Less than 0.5 of 1%.

Table IV (Continued)

Dietary Chart Indicating Classes of Food Eaten
(977 persons for 2 days)

| Butter and Cream | | | | | |
|------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 887 | 91 | 72 | 7 | 18 | 2 |

| Milk and Plain Cheese (Including Milk Drinks) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 598 | 61 | 201 | 21 | 178 | 18 |

| Milk Products (Other than Plain Cheese, Butter and Cream) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 207 | 21 | 378 | 39 | 392 | 40 |

| Cereals | | | | | |
|-----------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 953 | 98 | 21 | 2 | 3 | 1/ |

| Sweets (Including Candies) | | | | | |
|----------------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 743 | 76 | 157 | 16 | 77 | 8 |

| Drinks (Other Than Milk and Water) | | | | | |
|------------------------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 841 | 86 | 67 | 7 | 69 | 7 |

Table V

Chart Showing the Number and Percent of Persons Having Food from Various Classifications for 2 Days, by Sex (977 Persons)

| Green Leafy or Yellow Vegetables | | | | | | |
|----------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| Total number & percentages | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 692 | 71 | 171 | 64 | 519 | 73 |
| One day only | 237 | 24 | 74 | 28 | 163 | 23 |
| Neither day | 48 | 5 | 21 | 8 | 27 | 4 |

| Other Vegetables (Dried Peas & Beans Excluded) | | | | | | |
|--|-----------------|---------|-----------------|---------|-----------------|---------|
| Total number & Percentages | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 698 | 72 | 196 | 74 | 500 | 71 |
| One day only | 238 | 24 | 57 | 21 | 181 | 25 |
| Neither day | 41 | 4 | 13 | 5 | 28 | 4 |

| Dried Peas & Beans, and Nuts | | | | | | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| Total number & percentages | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 117 | 12 | 41 | 15 | 75 | 10 |
| One day only | 347 | 36 | 93 | 35 | 254 | 36 |
| Neither day | 513 | 52 | 132 | 50 | 380 | 54 |

| Citrus Fruits or Tomatoes | | | | | | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| Total number & Percentages | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 612 | 63 | 154 | 58 | 457 | 64 |
| One day only | 212 | 21 | 62 | 23 | 149 | 21 |
| Neither day | 153 | 16 | 50 | 19 | 103 | 15 |

| Other Fruits | | | | | | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| Total number & Percentages | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 556 | 57 | 141 | 53 | 414 | 59 |
| One day only | 281 | 29 | 73 | 28 | 208 | 29 |
| Neither day | 140 | 14 | 52 | 19 | 87 | 12 |

Table V (Continued)

Chart Showing the Number and Percent of Persons Having Food from Various Classifications for 2 Days, by Sex (977 Persons)

| Total number & percentages | Both Sexes | | Male | | Female | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 906 | 93 | 256 | 96 | 648 | 91 |
| One day only | 65 | 7 | 10 | 4 | 55 | 8 |
| Neither day | 6 | 1/ | -- | -- | 6 | 1 |

Fat Other Than Butter or Cream (Bacon, Gravies, etc.)

| Total number & percentages | Both Sexes | | Male | | Female | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 388 | 39 | 92 | 35 | 295 | 41 |
| One day only | 336 | 34 | 96 | 36 | 240 | 34 |
| Neither day | 253 | 27 | 78 | 29 | 174 | 25 |

Butter or Cream

| Total number & percentages | Both Sexes | | Male | | Female | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 887 | 91 | 245 | 92 | 640 | 90 |
| One day only | 72 | 7 | 18 | 7 | 54 | 8 |
| Neither day | 18 | 2 | 3 | 1 | 15 | 2 |

Milk, Milk Drinks, or Plain Cheese

| Total number & percentages | Both Sexes | | Male | | Female | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 598 | 61 | 186 | 70 | 411 | 58 |
| One day only | 201 | 20 | 35 | 13 | 165 | 23 |
| Neither day | 178 | 19 | 45 | 17 | 133 | 19 |

Other Milk Products

| Total number & percentages | Both Sexes | | Male | | Female | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 207 | 21 | 42 | 16 | 165 | 23 |
| One day only | 378 | 39 | 106 | 40 | 271 | 38 |
| Neither day | 392 | 40 | 118 | 44 | 273 | 39 |

Table V (Continued)

Chart Showing the Number and Percent of Persons Having Food From Various Classifications for 2 Days by Sex (977 Persons)

| Total Number & percentages | Cereals | | | | | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 953 | 98 | 263 | 99 | 688 | 97 |
| One day only | 21 | 2 | 2 | 1 | 19 | 3 |
| Neither day | 3 | 1/ | 1 | 1/ | 2 | 1/ |

| Total number & percentages | Sweets | | | | | |
|-------------------------------|-----------------|---------|-----------------|---------|-----------------|---------|
| | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 743 | 76 | 212 | 80 | 529 | 75 |
| One day only | 157 | 16 | 31 | 12 | 126 | 18 |
| Neither day | 77 | 8 | 23 | 8 | 54 | 7 |

| Total number & percentages | Beverages (Coffee, Tea, Soft Drinks, Alcoholic Beverages) | | | | | |
|-------------------------------|---|---------|-----------------|---------|-----------------|---------|
| | Both Sexes | | Male | | Female | |
| | Total Number | Percent | Total Number | Percent | Total Number | Percent |
| | 977 | 100 | 266 | 100 | 709 | 100 |
| Both days | 841 | 86 | 236 | 89 | 603 | 85 |
| One day only | 67 | 7 | 13 | 5 | 54 | 8 |
| Neither day | 69 | 7 | 17 | 6 | 52 | 7 |

1/ Less than 0.5 of 1%.

Table VI

Percent Eating Green Leafy or Yellow Vegetables, by Departments

Note: This table does not include all classes of food studied. Findings did not indicate any variation between areas for those not found in this table.

| Total reporting | Total No. Headings | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|--------------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 71% | 71% | 75% | 70% | 70% |
| One day | 24% | 25% | 19% | 25% | 25% |
| Neither day | 5% | 4% | 6% | 5% | 5% |

Percent Eating Citrus Fruits or Tomatoes by Departments

| Total Reporting | Total No. Headings | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|--------------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 63% | 62% | 49% | 74% | 56% |
| One day | 21% | 26% | 27% | 16% | 21% |
| Neither day | 16% | 12% | 24% | 10% | 23% |

Percent Eating Milk or Plain Cheese by Departments

| Total reporting | All Depts. | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 61% | 62% | 62% | 63% | 58% |
| One day | 21% | 20% | 17% | 21% | 23% |
| Neither day | 18% | 18% | 21% | 16% | 19% |

Percent Eating Vegetables (Other than Green, Leafy or Yellow or dried Legumes) by Departments

| Total reporting | Total No. Headings | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|--------------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 72% | 69% | 75% | 69% | 75% |
| One day | 24% | 26% | 22% | 28% | 20% |
| Neither day | 4% | 5% | 3% | 3% | 5% |

Percent Eating Fruits Other than Citrus by Departments

| Total reporting | Total No. Headings | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|--------------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 57% | 60% | 46% | 60% | 55% |
| One day | 19% | 26% | 36% | 30% | 27% |
| Neither day | 14% | 14% | 18% | 10% | 18% |

Percent Eating Milk Products by Departments

| Total reporting | Total No. Headings | Veterans' | Munition | Agriculture | Interior <i>Internal Revenue</i> |
|-----------------|--------------------|-----------|----------|-------------|---|
| | 977 | 286 | 130 | 319 | 242 |
| Both days | 21% | 23% | 20% | 22% | 19% |
| One day | 39% | 41% | 40% | 35% | 40% |
| Neither day | 40% | 37% | 40% | 43% | 41% |

Table VII

Dietary Chart Indicating that Eating at Government Cafeterias
Makes for Better Eating Habits
(977 Persons For 2 Noon Meals Only)

Green Leafy and Yellow Vegetables (Other Than Tomatoes)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 195 20% | 144 28% | 50 12% | 2 6% |
| One Day | 299 31% | 195 38% | 93 22% | 11 32% |
| Neither Day | 482 49% | 177 34% | 284 66% | 21 62% |

Other Vegetables (Excluding Dried Peas and Beans)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 169 17% | 118 23% | 49 12% | 2 6% |
| One Day | 329 34% | 210 41% | 110 26% | 9 26% |
| Neither Day | 479 49% | 188 36% | 268 62% | 23 68% |

Dried Peas, and Beans and Nuts

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 35 3% | 21 4% | 14 3% | 1 3% |
| One Day | 191 20% | 106 21% | 80 19% | 5 15% |
| Neither Day | 750 77% | 389 75% | 333 78% | 28 82% |

Citrus Fruit and Tomatoes

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 68 7% | 28 5% | 39 9% | 1 3% |
| One Day | 239 24% | 132 26% | 100 24% | 7 21% |
| Neither Day | 670 69% | 356 69% | 288 67% | 26 76% |

Other Fruit

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 206 21% | 95 18% | 104 24% | 7 21% |
| One Day | 303 31% | 191 37% | 102 24% | 10 29% |
| Neither Day | 468 48% | 230 45% | 221 52% | 17 50% |

Meat (Other Than Fats, Fish, Poultry, and Eggs)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 286 29% | 128 25% | 151 35% | 7 21% |
| One Day | 365 38% | 215 42% | 139 33% | 11 32% |
| Neither Day | 326 33% | 173 33% | 137 32% | 16 47% |

Table VII (Continued)

Fats (Other than Butter and Cream)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 93 9% | 48 9% | 44 10% | 1 3% |
| One Day | 230 24% | 133 26% | 89 21% | 8 23% |
| Neither Day | 654 67% | 335 65% | 294 69% | 25 74% |

Butter and Cream

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 540 55% | 272 53% | 253 59% | 15 44% |
| One Day | 258 26% | 136 26% | 114 27% | 8 23% |
| Neither Day | 179 19% | 108 21% | 60 14% | 11 33% |

Milk and Plain Cheese (Including Milk Drinks)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 315 32% | 193 38% | 113 26% | 9 26% |
| One Day | 219 22% | 110 21% | 105 25% | 4 12% |
| Neither Day | 443 46% | 213 41% | 209 49% | 21 62% |

Milk Products (Other Than Plain Cheese, Butter, and Cream)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 55 6% | 30 6% | 22 5% | 3 9% |
| One Day | 230 23% | 143 28% | 81 19% | 6 17% |
| Neither Day | 692 71% | 343 66% | 324 76% | 25 73% |

Cereals

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 801 82% | 428 83% | 350 82% | 23 68% |
| One Day | 134 14% | 69 14% | 60 14% | 5 15% |
| Neither Day | 42 4% | 19 3% | 17 4% | 6 17% |

Sweets (Including Candies)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 333 34% | 172 33% | 154 36% | 7 21% |
| One Day | 292 30% | 155 30% | 124 29% | 13 38% |
| Neither Day | 352 36% | 189 37% | 149 35% | 14 41% |

Drinks (Other than Milk and Water)

| | Total Number Persons | Government Cafeterias | Elsewhere | No Report |
|-------------|-------------------------|--------------------------|-----------|--------------|
| | 977 100% | 516 100% | 427 100% | 34 100% |
| Both Days | 315 32% | 167 32% | 139 33% | 9 26% |
| One Day | 162 17% | 89 17% | 66 15% | 7 21% |
| Neither Day | 500 51% | 260 51% | 222 52% | 18 53% |

Table VIII

Salary Range Affects Eating Habits

| Green Leafy and Yellow Vegetables (Other Than Tomatoes) | | | | | | | | | | | | |
|---|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 692 | 71% | 169 | 64% | 265 | 71% | 146 | 77% | 109 | 73% | 3 | 75% |
| One Day | 237 | 24% | 77 | 29% | 85 | 23% | 40 | 21% | 34 | 23% | 1 | 25% |
| Neither Day | 48 | 5% | 17 | 7% | 22 | 6% | 3 | 2% | 6 | 4% | 0 | 0% |

| Other Vegetables (Excluding Dried Peas and Beans) | | | | | | | | | | | | |
|---|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 698 | 71% | 179 | 68% | 277 | 75% | 127 | 67% | 111 | 74% | 4 | 100% |
| One Day | 238 | 24% | 73 | 28% | 79 | 21% | 55 | 29% | 31 | 21% | 0 | 0% |
| Neither Day | 41 | 5% | 11 | 4% | 16 | 4% | 7 | 4% | 7 | 5% | 0 | 0% |

| Dried Peas, and Beans and Nuts | | | | | | | | | | | | |
|--------------------------------|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 117 | 12% | 21 | 8% | 46 | 12% | 24 | 13% | 26 | 18% | 0 | 0% |
| One Day | 347 | 35% | 74 | 28% | 129 | 35% | 81 | 43% | 63 | 42% | 0 | 0% |
| Neither Day | 513 | 53% | 168 | 64% | 197 | 53% | 84 | 44% | 60 | 40% | 4 | 100% |

| Citrus Fruit and Tomatoes | | | | | | | | | | | | |
|---------------------------|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 612 | 63% | 122 | 46% | 237 | 64% | 144 | 76% | 107 | 72% | 2 | 50% |
| One Day | 212 | 22% | 73 | 28% | 88 | 24% | 24 | 13% | 27 | 18% | 0 | 0% |
| Neither Day | 153 | 15% | 68 | 26% | 47 | 12% | 21 | 11% | 15 | 10% | 2 | 50% |

| Other Fruit | | | | | | | | | | | | |
|-------------|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 556 | 57% | 131 | 50% | 216 | 58% | 117 | 62% | 90 | 60% | 2 | 50% |
| One Day | 281 | 29% | 83 | 31% | 105 | 28% | 52 | 27% | 40 | 27% | 1 | 25% |
| Neither Day | 140 | 14% | 49 | 19% | 51 | 14% | 20 | 11% | 19 | 13% | 1 | 25% |

| Meat (Other Than Fats, Fish, Poultry, and Eggs) | | | | | | | | | | | | |
|---|----------------------|------|------------------|------|---------------------|------|---------------------|------|------------------|------|--------------|------|
| | Total No. Persons | | Under \$1,500 | | \$1,500- \$1,999 | | \$2,000- \$2,999 | | \$3,000- Over | | No Report | |
| | 977 | 100% | 263 | 100% | 372 | 100% | 189 | 100% | 149 | 100% | 4 | 100% |
| Both Days | 906 | 93% | 238 | 90% | 341 | 92% | 180 | 95% | 143 | 96% | 4 | 100% |
| One Day | 65 | 6% | 23 | 9% | 28 | 7% | 8 | 4% | 6 | 4% | 0 | 0% |
| Neither Day | 6 | 1% | 2 | 1% | 3 | 1% | 1 | 1% | 0 | 0% | 0 | 0% |

Table VIII (Continued)

Fats (Other Than Butter and Cream)

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 388 40% | 98 37% | 154 41% | 81 43% | 55 37% | 0 0% |
| One Day | 336 34% | 85 32% | 121 33% | 73 39% | 55 37% | 2 50% |
| Neither Day | 253 26% | 80 31% | 97 26% | 35 18% | 39 26% | 2 50% |

Butter and Cream

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 887 91% | 239 91% | 337 90% | 171 91% | 136 91% | 4 100% |
| One Day | 72 7% | 21 8% | 25 7% | 14 7% | 12 8% | 0 0% |
| Neither Day | 18 2% | 3 1% | 10 3% | 4 2% | 1 1% | 0 0% |

Milk and Plain Cheese (Including Milk Drinks)

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 598 61% | 175 67% | 222 60% | 98 52% | 99 66% | 4 100% |
| One Day | 201 21% | 49 19% | 77 21% | 54 29% | 21 14% | 0 0% |
| Neither Day | 178 18% | 39 14% | 73 19% | 37 19% | 29 20% | 0 0% |

Milk Products (Other than Plain Cheese, Butter and Cream)

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 207 21% | 47 18% | 87 24% | 44 23% | 29 20% | 0 0% |
| One Day | 378 39% | 107 41% | 135 36% | 79 42% | 54 36% | 3 75% |
| Neither Day | 392 40% | 109 41% | 150 40% | 66 35% | 66 44% | 1 25% |

Cereals

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 953 98% | 258 98% | 359 96% | 185 98% | 147 99% | 4 100% |
| One Day | 21 2% | 5 2% | 10 3% | 4 2% | 2 1% | 0 0% |
| Neither Day | 3 0% | 0 0% | 3 1% | 0 0% | 0 0% | 0 0% |

Sweets (Including Candies)

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 743 76% | 188 71% | 283 76% | 146 77% | 123 83% | 3 75% |
| One Day | 157 16% | 50 19% | 58 16% | 31 17% | 18 12% | 0 0% |
| Neither Day | 77 8% | 25 10% | 31 8% | 12 6% | 8 5% | 1 25% |

Drinks (Other Than Milk and Water)

| | Total No. Persons | Under \$1,500 | \$1,500- \$1,999 | \$2,000- \$2,999 | \$3,000- Over | No Report |
|-------------|----------------------|------------------|---------------------|---------------------|------------------|--------------|
| | 977 100% | 263 100% | 372 100% | 189 100% | 149 100% | 4 100% |
| Both Days | 841 86% | 216 82% | 319 86% | 166 88% | 136 91% | 4 100% |
| One Day | 67 7% | 24 9% | 23 6% | 14 7% | 6 4% | 0 0% |
| Neither Day | 69 7% | 23 9% | 30 8% | 9 5% | 7 5% | 0 0% |

Table IX

Dietary Chart Indicating Classes of Foods Eaten (Between Meals)
(977 Persons For 2 Days)

| Food Classes | Both Days | One Day Only | Neither Day |
|---|-----------|--------------|-------------|
| Green leafy and yellow vegetables (Other than tomatoes) | 2 | 6 | 969 |
| Other vegetables (excluding dried peas and beans) | 1 | 5 | 971 |
| Dried peas, and beans and nuts | 8 | 75 | 894 |
| Citrus fruit and tomatoes | 32 | 94 | 851 |
| Other fruit | 56 | 113 | 808 |
| Meat (other than fats, fish, poultry, and eggs) | 2 | 34 | 941 |
| Fats (other than butter and cream) | 5 | 12 | 960 |
| Butter and cream | 20 | 41 | 916 |
| Milk and plain cheese (including milk drinks) | 70 | 104 | 803 |
| Milk products (other than plain cheese, butter, and cream) | 8 | 45 | 924 |
| Cereals | 87 | 163 | 727 |
| Sweets (including candies) | 149 | 222 | 606 |
| Drinks (other than milk and water) | 97 | 112 | 768 |
| | | | |

Table X

Dietary Chart Indicating Classes of Foods Eaten (Negroes)
(74 Persons for 2 Days)

| Green Leafy and Yellow Vegetables (Other Than Tomatoes) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 50 | 68 | 19 | 25 | 5 | 7 |

| Other Vegetables (Excluding Dried Peas and Beans) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 43 | 58 | 27 | 36 | 4 | 6 |

| Dried Peas, and Beans and Nuts | | | | | |
|--------------------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 5 | 7 | 18 | 24 | 51 | 69 |

| Citrus Fruit and Tomatoes | | | | | |
|---------------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 24 | 32 | 22 | 30 | 28 | 38 |

| Other Fruit | | | | | |
|-------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 30 | 41 | 17 | 23 | 27 | 36 |

| Meat (Other Than Fats, Fish, Poultry, and Eggs) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 67 | 91 | 6 | 8 | 1 | 1 |

| Fats (Other Than Butter and Cream) | | | | | |
|------------------------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 24 | 32 | 20 | 27 | 30 | 41 |

| Butter and Cream | | | | | |
|------------------|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 64 | 86 | 10 | 14 | 0 | 0 |

| Milk and Plain Cheese (Including Milk Drinks) | | | | | |
|---|---------|--------------|---------|-------------|---------|
| Both Days | | One Day Only | | Neither Day | |
| Number | Percent | Number | Percent | Number | Percent |
| 47 | 63 | 14 | 19 | 13 | 18 |

Table X (Continued)

Milk Products (Other Than Plain Cheese, Butter and Cream)

| Both Days | | One Day Only | | Neither Day | |
|-----------|---------|--------------|---------|-------------|---------|
| Number | Percent | Number | Percent | Number | Percent |
| 13 | 18 | 19 | 25 | 42 | 57 |

Cereals

| Both Days | | One Day Only | | Neither Day | |
|-----------|---------|--------------|---------|-------------|---------|
| Number | Percent | Number | Percent | Number | Percent |
| 73 | 99 | 0 | 0 | 1 | 1 |

Sweets (Including Candies)

| Both Days | | One Day Only | | Neither Day | |
|-----------|---------|--------------|---------|-------------|---------|
| Number | Percent | Number | Percent | Number | Percent |
| 51 | 69 | 13 | 18 | 10 | 13 |

Drinks (Other Than Milk and Water)

| Both Days | | One Day Only | | Neither Day | |
|-----------|---------|--------------|---------|-------------|---------|
| Number | Percent | Number | Percent | Number | Percent |
| 61 | 82 | 5 | 7 | 8 | 11 |

STUDY OF THE NUTRITIONAL HABITS AND NEEDS OF GOVERNMENTAL EMPLOYEES

In order to help interpret the record you give regarding what you eat during the period of this survey, please answer the following questions. Place an X in the proper space for your answer. Without answers to these questions your record of meals will be of very little value. Do not write anything in the column at the left of this page.

Code

Date

No.

1. Mode of living: Rooming house _____ boarding house _____ hotel _____

own or relatives home (includes apartments _____ room in private home _____ room in apartment _____).

2. Sex: Male _____ female _____.

3. Race: White _____ Negro _____ Other _____.

4. Check the range which includes your age: 16 to 19 years _____

20 to 24 years _____ 25 to 29 years _____ 30 years or older _____.

5. Check the range which includes your salary: Under \$1500 _____

\$1500 to \$1999 _____ \$2000 to \$2999 _____ \$3000 and over _____.

6. Do you eat: Breakfast-yes _____ no _____; noon meal-yes _____ no _____;

evening meal-yes _____ no _____. If you do, check the ONE place

for each meal where you most often eat it:

| Place | Breakfast | Noon Meal | Evening Meal |
|---|-----------|-----------|--------------|
| a. Regular place of residence | _____ | _____ | _____ |
| b. Drug store | _____ | _____ | _____ |
| c. Government lunch room, cafeteria, or lunch counter | _____ | _____ | _____ |
| d. Other public dining room, cafeteria, restaurant or lunch counter | _____ | _____ | _____ |
| e. Carry your own from home. If you carry your own do you buy any food to add to it? Yes _____ No _____. | _____ | _____ | _____ |

- _____ 7. Do you usually have time to eat a proper lunch? Yes _____ No _____
If not, why not? _____
- _____ 8. If you buy your meals away from your place of residence, what
is the average daily cost of: Breakfast _____ Noon meal _____
Evening meal _____.
- _____ 9. Are you usually able to get any food when you are ill? Yes _____ No _____
- _____ 10. Do you now use vitamin pills? Daily _____ Occasionally _____ None _____
If you do use them, what vitamins are included? _____
Are they prescribed by a physician? Yes _____ No _____
- _____ 11. Have you taken sick leave of more than one day at a time within
the last 3 months? Yes _____ No _____.
- _____ 12. As a result of the various nutrition programs, press and radio
articles, defense posters, and other literature on the subject
of proper nutrition; a. Do you feel a greater awareness of nutri-
tion now than you did a year ago? Yes _____
No _____
B. Have you improved your eating habits?
Yes _____ No _____
- _____ 13. Check any of the following services or sources of information
in which you are interested:
a. Literature on nutrition _____
b. Short talks on nutrition _____
c. Nutrition classes _____
d. Wall chart meal guides in cafeterias _____
e. Educational movies on nutrition _____
f. Personal service or advice _____
g. Results of this survey _____

If you wish to receive information or service from any of the sources
listed above, please give your name and address below.

Name _____ Address: Home _____
Office _____

| Meal | Food Eaten | Do Not fill in this column | | |
|---------------|------------|----------------------------|---|---|
| BREAKFAST | | A | B | C |
| | | D | E | F |
| | | G | H | J |
| | | K | M | N |
| | | P | | |
| NOON MEAL | | A | B | C |
| | | D | E | F |
| | | G | H | J |
| | | K | M | N |
| | | P | | |
| EVENING MEAL | | A | B | C |
| | | D | E | F |
| | | G | H | J |
| | | K | M | N |
| | | P | | |
| BETWEEN MEALS | | A | B | C |
| | | D | E | F |
| | | G | H | J |
| | | K | M | N |
| | | P | | |